



Lemon Curd



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large eggs
- ☐ 0.7 cup juice of lemon fresh (3 large lemons)
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 tablespoons stick margarine
- ☐ 0.8 cup sugar

Equipment

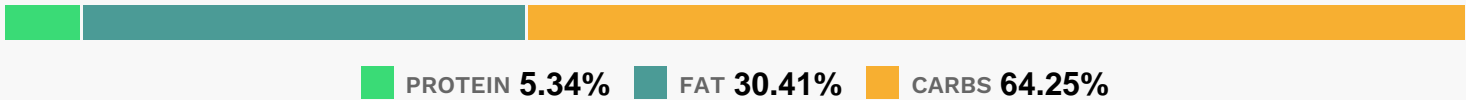
- ☐ sauce pan
- ☐ whisk

☐ ziploc bags

Directions

- ☐ Combine the first 3 ingredients in a saucepan over medium heat, stirring with a whisk. Cook until sugar dissolves and mixture is light in color (about 3 minutes). Stir in lemon juice and butter; cook for 5 minutes or until mixture thinly coats the back of a spoon, stirring constantly with a whisk. Cool. Cover and chill (the mixture will thicken as it cools).
- ☐ Note: Lemon Curd can be stored in the refrigerator for up to 1 week. You can easily double the recipe and freeze half of it in a heavy-duty zip-top plastic bag. Thaw in the refrigerator, and use within 1 week of thawing.

Nutrition Facts



Properties

Glycemic Index:1.46, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:0.34043478107323%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 20.24kcal (1.01%), Fat: 0.71g (1.1%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 3.36g (1.22%), Sugar: 3.22g (3.57%), Cholesterol: 7.75mg (2.58%), Sodium: 8.84mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 1.47mg (1.79%)